

PHYSICAL ACTIVITY

52 REASONS TO BE PHYSICALLY ACTIVE

1. Physical activity leads to better health

2. Being active = more FUN!

3. An active lifestyle helps us make new friends

4. Reduces the risk of heart disease

5. An active lifestyle reduces the risk for many types of cancer

6. Physical activity promotes healthy circulation

7. Physical activity makes us happier 

8. The more we do it, the greater the benefits

9. Increased confidence!

10. Exercise helps improve our posture

11. Those who are obese but fit, are 2 X LESS LIKELY TO DIE of cardiovascular disease than those who are thin but inactive

12. An active lifestyle helps keep us young in body, mind and spirit

13. Better sleep

14. An active lifestyle reduces the risk of premature death (now, that sounds good!)

15. Physical activity RELIEVES STRESS

16. Regular physical activity can help us look better in and out of our clothes

17. ACTIVE KIDS GET BETTER GRADES 

18. HELPS IMPROVE MUSCLE TONE

19. WEIGHT TRAINING BUILDS STRONGER MUSCLES AND CONNECTIVE TISSUES WHILE INCREASING JOINT STABILITY

20. BEING ACTIVE CAN HELP US RETAIN FLEXIBILITY AND IMPROVE RANGE OF MOTION 

21. PHYSICAL ACTIVITY BURNS CALORIES

22. EXERCISE CAN HELP TO MANAGE AND PREVENT PAIN

23. Be an active role model

24. Can assist with weight loss and weight maintenance

25. Exercise helps MANAGE ANXIETY

26. Regular exercise promotes better balance

27. EXERCISE IMPROVES COORDINATION

28. HELPS MAINTAIN HEALTHY CONNECTIVE TISSUES

29. CAN BE AS EFFECTIVE IN THE TREATMENT OF MILD TO MODERATE DEPRESSION AS MEDICATION

30. WEIGHT BEARING PHYSICAL ACTIVITY HELPS REDUCE THE RISK OF OSTEOPOROSIS

31. PHYSICAL ACTIVITY CAN ASSIST IN THE MAINTENANCE OF HEALTHY BLOOD PRESSURE AND CHOLESTEROL 

32. BE ACTIVE AND FEEL BETTER PHYSICALLY AND MENTALLY

33. If you increase your lean muscle mass, you'll increase your resting metabolism which means burning more calories, even at rest

34. Active transportation (i.e. walking and cycling) is good for the environment

35. Active transportation can save you money \$\$\$

36. OUTDOOR ACTIVITY RECONNECTS US WITH NATURE 

37. Regular physical activity can enhance your sex life

38. Physical activity brings us closer to those we enjoy it with

39. Active transportation is a great way to get to know your community 

40. Regular physical activity can improve overall athletic performance

41. You'll have more ENERGY for everyday activities

42. An active lifestyle is a privilege, not a punishment. Exercise is a great way to thank your body for all it does

43. WEIGHT TRAINING CAN INCREASE GLUCOSE UTILIZATION AND REDUCE THE RISK OF DEVELOPING DIABETES

44. REGULAR EXERCISE CAN ENHANCE SELF-ESTEEM

45. ACTIVE TRANSPORTATION IS OFTEN FASTER THAN DRIVING OR PUBLIC TRANSPORTATION

46. PHYSICAL ACTIVITY IS A GREAT WAY TO BLOW OFF STEAM.

47. IT'S A GREAT WAY TO ENJOY SOME "ME" TIME!

48. WALKING IS UNDER-VALUED BUT IT'S LIKELY THE BEST THING MOST CANADIANS CAN DO TO IMPROVE THEIR HEALTH 

49. PARTICIPATION IN GROUP ACTIVITIES AND SPORTS FOSTERS A SENSE OF COMMUNITY AND BELONGING

50. DISCOVER SOME NEW INTERESTS

51. IT'S NEVER TOO LATE TO GET STARTED – TODAY COULD BE YOUR DAY!

52. IT'S PERSONAL! THERE'S NO RIGHT OR WRONG WAY TO BE ACTIVE... DO WHAT YOU ENJOY!

Get ideas from trusted partners:

Source: ParticipACTION

TAKE CARE
OF YOUR
EQUIPMENT